

Week 1

Breakfast:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Grilled Ham	Turkey Bacon	Corned Beef Hash	Turkey Sausage	Grilled Ham	
		Pancakes	French Toast	Pancakes	French Toast	Waffles	
		Bacon	Bacon	Bacon	Bacon	Bacon	
Breakfast Burritos		Sausage	Sausage	Sausage	Sausage	Sausage	Breakfast Burritos
Hash Browns		Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Hash Browns
		Grits	Grits	Grits	Grits	Grits	
		Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
		Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	
		Hot Biscuits	Hot Biscuits	Hot Biscuits	Hot Biscuits	Hot Biscuits	
		Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	
		Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	
		Green Chili	Green Chili	Green Chili	Green Chili	Green Chili	
		Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	

Lunch:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup:		Chicken Noodle Chili	Chicken Tortilla Soup Chili	Garden Vegetable Chili	Cream of Pot.w/ bacon Chili	New England Clam Chowder Chili	
	Grab & Go Items		Rotisserie Chicken		Rotisserie Chicken		Grab & Go Items
Entrée:	Premade Sandwiches	Sweet & Spicy Citrus Tilapia	Blackened Tilapia	Chicken Parm	Chicken Cacciatore	Lemon Baked Swai	Premade Sandwiches
	Premade Salads	Chicken Yakisoba	Chicken Enchilada	Grilled Pork Chops	Roast Beef	Beef Fritters	Premade Salads
Starch:		Au Gratin Potatoes	Potato Wedges	Parmesan Penni Pasta	Steamed Rice	Mashed Potatoes	
Vegetable:		Green Bean Amandine	California Blend	Italian Blend vegetables	Steamed Broccoli	Green Beans w/Mushrooms	
		Parsley Carrots	Yellow Squash	Cheesy Mashed Cauliflower	Roasted Squash and Zucchini	Calico Corn	
Dessert:		Cheesecake	Chocolate Cake	Apple Pie	Cheesecake	Carrot Cake	
		White Choc. Cherry Cookies	Oatmeal Raisin Cookies	Rocky Road Cookies	White Choc. Mac. Nut Cookies	Peanut Butter Cookies	
		Sugar Cookies	Peanut Butter Cookies	Chocolate Chunk Cookies	Sugar Cookies	Chocolate Chunk Cookies	
Other Sides:		Egg Roll	Asst. Rolls	Garlic Toast	Brown Gravy	Biscuit	
					Asst. Rolls	White Pepper Gravy	

Dinner:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup:							
Entrée:	Grab & Go Items	Beef Ravioli w/ Marinara	Sweet & Sour Chicken	Stuffed Peppers	Spaghetti & Meatballs	Baked Catfish	Grab & Go Items
	Premade Sandwiches						Premade Sandwiches
Starch:	Premade Salads		Rice	Mashed Potatoes		Baked Fries	Premade Salads
Vegetable:		Balsamic Roasted Broccoli	Green Beans	Peas	Steamed Broccoli	Corn	
Dessert:		White Choc. Cherry Cookies	Oatmeal Raisin Cookies	Rocky Road Cookies	Sugar Cookies	Chocolate Chunk Cookies	
Other Sides:		Garlic Bread		Beef Gravy	Marinara sauce		
					Bosco Sticks		

* Annotates recipe from AFRS

Week 2

Breakfast:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Grilled Ham	Turkey Bacon	Corned Beef Hash	Turkey Sausage	Grilled Ham	
		Pancakes	French Toast	Pancakes	French Toast	Waffles	
		Bacon	Bacon	Bacon	Bacon	Bacon	
Breakfast Burritos		Sausage	Sausage	Sausage	Sausage	Sausage	Breakfast Burritos
Hash Browns		Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Creamed Beef	Hash Browns
		Grits	Grits	Grits	Grits	Grits	
		Oatmeal	Oatmeal	Oatmeal	Oatmeal	Oatmeal	
		Hash Browns	Hash Browns	Hash Browns	Hash Browns	Hash Browns	
		Hot Biscuits	Hot Biscuits	Hot Biscuits	Hot Biscuits	Hot Biscuits	
		Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	Hard Boiled Eggs	
		Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	Melted Butter / Syrup	
		Green Chili	Green Chili	Green Chili	Green Chili	Green Chili	
		Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	Bkfst Sandwich / Burrito	
Lunch:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup:		Corn Chowder	Buffalo Chicken	Tomato Bisque	Chicken & Sausage Gumbo	Cream of Broccoli	
		Chili	Chili	Chili	Chili	Chili	
	Grab & Go Items				Rotisserie Chicken		Grab & Go Items
Entrée:	Premade Sandwiches	Pepper Beef Tips	Rotisserie Chicken	Pasta Primavera	Roasted Pork Loin	Baked Cat Fish	Premade Sandwiches
	Premade Salads	Tuna Noodle Casserole	Yankee Pot Roast	Fried Chicken	Lemon Garlic Tilapia	Hungarian Goulash	Premade Salads
Starch:		Brown Rice Pilaf	Twice Baked Potatoes	Mac & Cheese	Mashed Potatoes	Egg Noodles	
Vegetable:		Braised Cabbage	Peas & Pearl Onions	Corn-On-the-Cob	Steamed Carrots	Balsamic Roasted Broccoli	
		Steamed Spinach	California Blend	Italian Blend	Italian Roasted Zucchini	Seasoned Black Eyed Peas	
Dessert:		Apple Pie	Chocolate Cake	Apple Pie	Cheesecake	Carrot Cake	
		White Choc. Cherry Cookies	Oatmeal Raisin Cookies	Rocky Road Cookies	White Choc. Mac. Nut Cookies	Peanut Butter Cookies	
		Sugar Cookies	Peanut Butter Cookies	Chocolate Chunk Cookies	Sugar Cookies	Chocolate Chunk Cookies	
Other Sides:		Brown Gravy	Asst. Rolls	Corn Bread	Baguette	Asst. Rolls	
		Asst. Rolls			Applesauce		
Dinner:	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Soup:							
Entrée:	Grab & Go Items	Swedish Meatballs	Beef Stew	Stuffed Cabbage	Chicken Pot Pie	Chicken Stir Fry	Grab & Go Items
	Premade Sandwiches						Premade Sandwiches
Starch:	Premade Salads	Buttered Egg Noodles	White Rice	Mashed Potatoes		Fried Rice	Premade Salads
Vegetable:		Italian Mixed Vegetables	California Blend	Peas	Roasted Squash	Stir Fry Vegetables	
Dessert:		White Choc. Cherry Cookies	Oatmeal Raisin Cookies	Rocky Road Cookies	Sugar Cookies	Chocolate Chunk Cookies	
Other Sides:						Egg Rolls	

* Annotates recipe from AFRS